

Souper Season of Comfort, Winter 2001

Salads

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Bugler Nut Salad

Hello. Here's more fruit and vegetable news you can really enjoy. Try this Middle Eastern salad, called Bazargan, with a base of cracked wheat or bugler. Bugler is a whole grain, so it's packed with fiber, vitamins, minerals, and antioxidants. It's found in the pasta and rice aisle of many markets. First, soak one cup of bugler in boiling water for 15 minutes, drain and squeeze out excess moisture. Chop and sauté one sweet onion in a touch of olive oil until soft. Add ½ cup tomato purée, dried mint, allspice, cumin, and chopped walnuts, and the soaked bugler. Moisten with fresh lemon juice, then mix thoroughly. Cover and let the flavors blend for a while. By all means, add chopped tomatoes and cucumber for an extra vegetable serving. This salad will keep well in the refrigerator. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Bugler Nut Salad

Serves 6

Provides 1½ vegetable servings per person

- 1 cup dry bulgur wheat
- 2 cups boiling water
- 1 teaspoon olive oil
- 2 cups chopped sweet onion
- ½ cup tomato puree
- 1 tablespoon dried mint or 1 teaspoon fresh
- 1 teaspoon ground cumin
- ½ teaspoon ground allspice
- ¼ cup chopped toasted walnuts
- up to 3 cups chopped fresh vegetables such as tomatoes, cucumbers, and/or sweet peppers, optional

1. Pour the boiling water over the bulgar and let sit 30 minutes or until soft. Drain and squeeze dry.

2. Heat the oil in a skillet and sauté the onion until soft but not brown, 3 to 5 minutes. Add the tomato puree, mint, cumin, and allspice.

3. Stir in the bulgar and walnuts.

Add the lemon juice and mix thoroughly. Let sit at least 30 minutes to blend the flavors. Add

chopped fresh vegetables like cucumber, tomatoes, and/or sweet peppers just before serving, if you choose to use them.

4. Serve chilled.

Nutritional Analysis

298 calories

7 g fat

21% calories from fat

1 g saturated fat

3% calories from saturated fat

54 g carbohydrates

279 mg sodium

13 g dietary fiber